

Try these delicious breakfast ideas to provide nutritious foods for children and meet the *Food and drink guidelines for outside school hours care*¹.

Grains (cereal) foods

- Porridge served with milk, seeds (if policy allows) and stewed or fresh seasonal fruit
- Wholegrain, low sugar[#] breakfast cereals with milk and chopped fruit
- Fruit toast with ricotta, cottage cheese or light cream cheese
- Wholemeal or multigrain toast/muffins/crumpets with:
 - mashed avocado or banana and cinnamon
 - hummus*, beetroot dip*, tzatziki*, tahini or a nut butter (if allergy policy allows)
 - Greek yoghurt and sliced fruit
- Congee with meat or chicken and vegetables
- Pancakes/pikelets*[^] - consider making with fruit (such as berries or banana) in the mixture and serve on its own
- Mexican wraps: Wholemeal/wholegrain wraps filled with taco style meat, or spicy beans, grated cheese and diced tomato, mushrooms and/or spinach



Milk, yoghurt, cheese and alternatives

- A glass of plain milk
- Fruit smoothies* or lassis
- Yoghurt with untoasted muesli. Add stewed or fresh fruit
- Toasted cheese wholemeal/multigrain sandwiches
- Cheese (ricotta, cottage, light cream cheese) and tomato on wholemeal/multigrain toast



Fruit

- Fruit platter served with yoghurt dip
- Wholemeal/multigrain jaffles with fruit fillings (e.g. apple/banana, sultanas and cinnamon)
- Fruit salad topped with oats and yoghurt
- Fruit bread with apple and ricotta
- Fruit muffins/loaves[^] (e.g. banana bread*)



Lean meat, poultry, fish, eggs, legumes and nuts

- Baked beans on English muffins topped with grated cheese
- Bread cups* (filled with egg)
- Eggs (e.g. boiled, poached, scrambled, frittata*) with wholemeal toasted bread
- Hawaiian style English muffins: topped with ham, cheese and pineapple
- Hummus dip* on wholemeal/multigrain toast
- French toast topped with ricotta and stewed or fresh fruit



Vegetables and legumes

- Vegetable muffins[^] (e.g. carrot muffins*)
- Mini pizzas, made with wholemeal English muffins, topped with tomato paste, tomato slices, capsicum, mushrooms, pineapple and cheese
- Vegetable frittata*
- Vegetable omelette
- Wholemeal/multigrain toast topped with vegetables like cooked tomato, avocado, grilled mushroom



[#] Low sugar breakfast cereals = less than 15g per 100g if dried fruit is not an ingredient, or less than 25g per 100g if dried fruit is an ingredient.

[^] Baked items should not be provided every day. If provided, they should preferably include some fruit or vegetables and wholemeal flour. They should not contain large amounts of fat and sugar.

* Recipe available from www.heas.health.vic.gov.au.

¹ *Food and drink guidelines for outside school hours care*, Healthy Eating Advisory Service, Department of Health and Human Services, State Government of Victoria, 2013, www.heas.health.vic.gov.au.

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